

Resources for People with Mental Illness and Family Members

- The Suicide & Crisis Lifeline is 988. It is free and confidential and operates 24/7.
- The crisis text line (<https://www.crisistextline.org>) is a great resource for people of all ages, including friends or family who are concerned and need advice about someone.
- You can also text “home” to 741741, and someone will respond. If you have a teen or young adult at home, give them this text information to put in their phone so they can easily be in touch with someone on their own. Texting can break down the barrier to getting needed support.
- If you are looking for a professional therapist, there are several resources to consider:
- Jewish Family and Community Services of the East Bay in Concord (925-927-2000) and Berkeley (510-704-7475).
- Discovery Center in Danville (925-837-0505) provides sliding scales for services based on ability to pay.
- Local sliding scale therapists can also be found at <https://bapti.org/> and <https://www.wi.edu/wi-clinical-services>
- For therapists who take your insurance, call your insurance company for referrals.
- For full-fee therapists or more information about therapists, see [https:// www.psychologytoday.com/us](https://www.psychologytoday.com/us)